

Bucket Talk – Focus

What is Focus?

- A central point of attraction or activity
- Keeping—First—Things—First

Some Questions for your Athletes

- 1) Why is focus an important key to being a great athlete? (distractions cause you to make mistakes...errors)
- 2) Give me an example of a focused person in your life? (Have players give examples)
- 3) What does it take to be focused? (Being intentional at what we are doing!)

What does the Bible say ?

It is easy to get distracted from our goals and purpose, being focused keeps our life aligned with God. The Apostle Paul was not always focused on following Jesus Christ. In fact at one point he was intently focused on destroying everything that Jesus stood for. But after Paul's dramatic conversion he realized that his whole life (like ours) is to serve God; and in serving God we will find true joy. The Bible reminds us to stay focused on the important things: Loving God, spending time with God in prayer, serving others and trying our best to live like Christ. Does this mean we should quit our sport and go join a monastery? Of course not, but for some reason God has placed you on this team and amongst some people who may not WANT to know or follow Jesus. Your challenge is to focus on God, your family, your education and your performance and team-mates. You may be the biggest influence on their life.

Paul gives us a great tip on how to keep a sustained focus: 'I focus on this one thing: Forgetting the past and looking forward to what lies ahead'. Paul had a remorseful history, at one point encouraging a follower of Christ to be stoned to death; but he knew that part of his life was over and he was completely forgiven. **He did not allow his past to paralyze his future.**

So How Do We Equate Philippians 3:13 to baseball & softball?

The least important play is the last one and the most important play is the next one!

"Next Pitch" is a great way to teach the mental game in its most simplistic form. Get your players to say this to themselves after an error. "So what, next pitch." Get them to say it after hitting a home run. "So what, next pitch." Regardless if the shortstop goes into the 6 hole and guns the batter/runner at 1st or if he let a ball scoot between his legs into left field, the response has to be the same. "So what, next pitch." Players that can do this simple exercise are on their way to greatness. Teams that can do this are positioning themselves for the best chance to be successful.

- 1) Have you ever had a lousy performance? (Describe)
- 2) What happens if we keep looking backwards instead of forwards? (we never move forward, we remain stagnant)
- 3) Paul's key to focus is to ask for forgiveness so that he could concentrate on his goals. Agree or disagree – discuss
- 4) Why is focus important to a successful life? (so that we continue to improve...in ALL areas of our life)

Week 2

Bible Verse

Philippians 3:13

Brothers, I do not consider myself to have taken hold of it, but one thing I do; forgetting what is behind and reaching forward to what is ahead.

